



# RSVP News

RSVP – Responding to a Call to Serve

Winter 2008

## FROM THE RSVP PROJECT DIRECTOR

Dear RSVP Volunteer:

*I am pleased to announce the selection of **Mr. Reed Dewey** as the director of the Montgomery County Volunteer Center. He brings a wealth of experience in the nonprofit sector and an expertise working with Volunteer Centers and Corporate Volunteer Councils. He spent the last five years working as the director of national and corporate partnerships for the Points of Light Foundation in Washington, DC. Prior to that, he worked at the Consumer Federation of America, Rebuilding Together, and AARP. Reed is a strong proponent of senior volunteering and will be very supportive of all of the work that is done through the RSVP Program. I'm sure you will join me in welcoming Reed to the Volunteer Center team.*

*Preparations are under way here in the office for the **Martin Luther King Jr. Day of Service on Monday, January 21, 2008**. On this day you are invited to join the hundreds of people who will come to the Bethesda North Marriott Hotel & Conference Center from 1:00 pm to 3:00 pm to participate in dozens of service projects for area nonprofits. Projects will include preparing bag lunches for shelters; making gifts for children with life-threatening illnesses at Children's Inn, and creating greeting cards for service men and women overseas. The second phase of the day will be a formal tribute which will include music, entertainment and Children of the Dream award presentations. The formal tribute will be held in Rockville at Strathmore Hall. Join us in making this a **Day ON, not a Day OFF!***

*I hope you all had a wonderful Thanksgiving and wish you much joy over the December holidays. Here's to a peaceful and prosperous New Year.*

Sincerely,

Ann B. Evans

## PRESIDENT'S VOLUNTEER SERVICE AWARD



Established in 2003, the President's Volunteer Service Award program is a prestigious national honor offered in recognition of sustained volunteer service. The program recognizes individuals who have achieved a certain standard measured by the number of hours served over a 12-month period or cumulative hours earned over the course of a lifetime.

Criteria for Awards (based on hours on record for 2006)

Bronze	Silver	Gold	Lifetime
100-249 hours	250-499	500+	4,000+ hours

*President's Call to Service Lifetime Award* is for 4,000 or more hours in a lifetime (well, "lifetime" as defined by our current database dating back to 10/1/1998).

We are so proud of the eight RSVP members who earned the lifetime award. Congratulations and heartfelt thanks to:

<b>Dorothy Bakhshi*</b>	<b>5,141 hours</b>
<b>Vera Buice*</b>	<b>4,161</b>
<b>Mary Rose Casey*</b>	<b>4,067</b>
<b>Kuang Feng Chang*</b>	<b>4,060</b>
<b>Frank Gardner</b>	<b>4,564</b>
<b>Dorothy Nelson</b>	<b>4,323</b>
<b>Virginia Sacco*</b>	<b>4,959</b>
<b>Casimira Wolman</b>	<b>4,474</b>

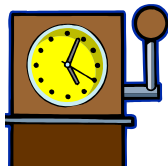
\*These volunteers received their *President's Call to Service* awards at the RSVP Volunteer Appreciation Luncheon on November 1, 2007. Bruce Adams, director of the Office of Community Partnerships, represented the County Executive in presenting the awards.

These dedicated volunteers join our past lifetime award winners: *Quinta Augustine, Julia Baez, Adela Balderamma, Marilyn Burdett, Ling Cheung, Miriam Daen, Doris Denoyer, Virginia Edinger, Lee Etzel, C. Joanie Gault, Rose Glaser, Emily Gooding, Feng-Xian Hu, Fay Lehrer, M.K. Lee, Ned Li, John Lopes, Frances Loveless, Esther Schiff, Helen Schmidt, Roseann Vasco Schneider, Florence Severe, and Juana Ventura.*

We are also proud of our 141 Bronze award winners, 46 Silver award winners, and 27 Gold award winners for their service in 2006. We mailed the awards to those who weren't present at the luncheon to receive them.

## Time to Talk about HOURS

Awards are based on hours reported and recorded in our RSVP database.



Who reports the hours to us?

1. RSVP "stations" (groups)
2. Individual Volunteers

Heartfelt thanks to the following stations who currently (and faithfully!) report hours for their RSVP volunteers:

Abused Persons Program, American Red Cross, Bedford Court, Brooke Grove Retirement Village, Brookside Gardens, Chinese American Senior Services Association (CASSA), Chinese Culture & Community Center (CCACC), Emergency Action Team, Hebrew Home, Helping Hands at Rockville Senior Center, Holiday Park Workshop, Holy Cross Hospital, Interages, Jewish Community Center (JCC), Jewish Council for the Aging, Literacy Council, Long Term Care Ombudsman, Meals on Wheels –Takoma Park, Meals on Wheels – Wheaton, Metropolitan Washington Ear, OASIS, Office of Consumer Protection, Pro Bono Consulting Program, Revitz House, Ring House, Sandy Spring Museum, Schweinhaut Yarners, Shady Grove Adventist Hospital, States Attorney, Tax-Aide Program, University Towers Workshop, Washington Adventist Hospital, Widowed Persons Service, Youth for Understanding USA.

Schools that currently report RSVP volunteer hours are: Col. E. Brooke Lee MS, Rolling Terrace ES and Strathmore ES.

If you volunteer with any of the organizations above, they report your hours for you (as long as you are recording your hours with them, of course).

If you volunteer for an RSVP station not listed above, you are probably (I hope!) reporting your hours directly to us by phone (**RSVP call-in line is 240-777-2616**), fax, U.S. mail, or email. Then there are those who do at-home crafts who must self-report hours. Many of you report like clockwork every month; you have a system and it works for you ... and for us, too!

Please note we are required to submit RSVP reports biannually for the periods of January-June and July-December so hours twice a year are fine with us. Our goal is to make it as easy as possible to accurately capture your hours.

If you have any questions about reporting hours, please contact Kathleen Meaney Stobie at **240-777-2611** or [kathleen.stobie@montgomerycountymd.gov](mailto:kathleen.stobie@montgomerycountymd.gov)

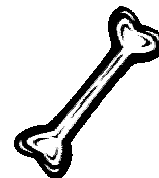
## BE A LONG TERM CARE OMBUDSMAN!

Are you a citizen advocate ready to expand your challenges in the New Year?

Montgomery County's Long Term Care Ombudsman program is seeking volunteers to work as long term care advocates, making regular visits to residents in nursing homes at convenient locations throughout Montgomery County. This program allows *flexible daytime hours* and autonomy in developing problem-solving strategies. Training and technical assistance are provided by experienced professionals. The intensive training program for volunteer candidates is a comprehensive orientation to the aging process, nursing home systems, applicable laws and advocacy skills. The session runs Monday, January 28 – Friday, February 1, 2008, from 9:00 am – 3:00 pm daily at Holiday Park Senior Center in Wheaton. Class size is limited; pre-registration is required. Please contact Eileen Bennett at 240-777-1067 or [Eileen.Bennett@montgomerycountymd.gov](mailto:Eileen.Bennett@montgomerycountymd.gov)

## DO YOU HAVE OSTEOPOROSIS?

Then one of the best things you can do for yourself is get involved with *Bone Builders*. It's an exercise class designed to increase bone density to protect against fractures caused by osteoporosis through twice-weekly, hour-long classes. Classes are *free* ... thanks to our volunteers! Right now, we are short on leaders! Being a leader forces you to be there because your students would miss you terribly if you weren't. It's a built-in incentive to "stick with it." If you can't commit to twice a week, then consider being a sub to fill in when needed. Thorough training is provided and leaders work in pairs to team-teach.



If you or someone you know is interested in becoming a Volunteer Trainer or wants more information about the free classes, contact the Volunteer Center at 240-777-2611 or [kathleen.stobie@montgomerycountymd.gov](mailto:kathleen.stobie@montgomerycountymd.gov)

## TICK! TOCK! IT'S TAX TIME!

*RSVP/AARP/IRS Tax-Aide Program*

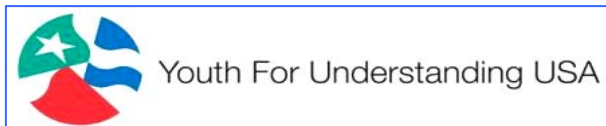
RSVP, in collaboration with AARP and IRS, provides *free tax counseling* to seniors and other county citizens who have low-to-moderate income and uncomplicated returns. RSVP volunteers staff the scheduling office at Holiday Park Senior Center starting January 28, 2008.



## More volunteer schedulers are still needed!

Training: Thursday, January 24, 2008, from 1:30 pm – 3:00 pm at the Holiday Park Senior Center, 3950 Ferrara Drive, Wheaton. Please sign up with Jean Alexander at 301-588-1686 or [gjean26@aol.com](mailto:gjean26@aol.com)

**FREE INCOME TAX PREPARATION  
OFFERED BY TRAINED VOLUNTEERS  
AT SITES THROUGHOUT THE COUNTY  
For Seniors and other Montgomery County Citizens  
with Low-to Moderate Income  
Call for an appointment  
240-777-2577 (note: it's a new number)  
beginning January 28, 2008  
9:00 am - 3:00 pm Monday – Friday**



*Youth for Understanding is one of our newest RSVP stations, thanks to RSVPer Shirley Kemelhor; she is a volunteer there and loves it.*

Youth For Understanding USA is one of the world's oldest, largest, and most respected international exchange organizations. It provides high school students the opportunity to live with a host family in another country and culture for a summer, semester or year. YFU USA will award nearly 300 full and partial scholarships to students this year, and we need volunteers to assist us! We need *Scholarship Evaluators* to read and score applications from U.S. students and *Profile Writers* to create short bios for international students being placed in U.S. homes. Work can be completed in our Bethesda office during daytime (flexible) and evening hours. Some take-home work may also be available. Service runs from December-March, and training is provided.

If you are interested in volunteering or perhaps you have an interest in hosting a student, please contact Carla James at **240-235-2138** or [james@yfu.org](mailto:james@yfu.org). Please visit [www.yfu-usa.org](http://www.yfu-usa.org) for more information.

### **OASIS Montgomery**

#### ***New Semester of Classes in January 2008***

OASIS, a national organization dedicated to enriching the lives of mature adults (50+), will begin its new semester of classes in January 2008. For information on classes, please call **301-469-6800**, extension **211**. OASIS is located in its new home at Macy's Home Store at Montgomery Mall in Bethesda.

#### ***Intergenerational Tutoring Program***

OASIS sponsors an intergenerational tutoring program which assists students in 27 Montgomery County schools in grades K-3. Their winter training class will be held on January 8 and 9, 2008, from 10:15 am - 2:30 pm at Montgomery/ OASIS. For more information or to sign up, please contact Kay Meek at [krm5416@aol.com](mailto:krm5416@aol.com) or **301-588-5416** (home).

### **Car Seat Program Needs Volunteers**

Montgomery County Fire & Rescue Service has a very active program that holds car seat inspection events 20 hours each week. The program manager needs help with various tasks and is very flexible concerning the days/hours each week. Jobs ranging from 1-10 hours a week need to be filled. Work could also easily be done from home once trained – training takes up to 2 hours. Contact Program Manager Emilie Crown, RN, CEN, at **240-777-2467** or [Emilie.Crown@montgomerycountymd.gov](mailto:Emilie.Crown@montgomerycountymd.gov)

### **From the RSVP Coordinator**

What a turnout at our annual RSVP Volunteer Appreciation Luncheon on November 1st. It was a thrill to see so many of you there – 230 of you to be exact! Since I connect with many of you by phone or email, it was fun to see your bright smiling faces.

Held at the *New Fortune Chinese Restaurant* in Gaithersburg, everyone loved the food starting with the *dim sum* appetizers (their specialty), followed by main courses that just kept on coming. While many volunteers sat with their groups, others had the opportunity to meet new folks at their tables. What a great group of volunteers you are!

And we all enjoyed the entertainment – Ailing Chen's Sword Dance and the Chinese Can Dance performed by the *Golden Sun Dancing Troupe*. My sincere thanks to Vivien Hsueh, vice president of CASSA and RSVP member, for the entertainment.

And my thanks to those who put the "good" in the goodie bags you received as lovely parting gifts. We had items from many Montgomery County departments as well as the IRS, Johns Hopkins University and Suburban Hospital.

*Here's to happy holidays for one and all,*

*Kathleen*

Kathleen Meaney Stobie

### **UPCOMING OUTDOOR OPPORTUNITIES!**

#### **Sunday, January 13, 2008**

##### **Capital Crescent Trail, 1:00 pm – 3:30 pm**

Join Certified Weed Warrior Volunteer, Peter Gray, as we manually remove invasive plants along the woodlands surrounding this well-loved and enjoyed paved trail. Meet at the parking lot of St. Dunstan's Episcopal Church, 5450 Mass. Ave., Bethesda 20816.

#### **Monday, February 4, 2008**

##### **Cabin John Stream Valley Park, 10:00 am – noon**

Join Natural Resource Manager, Lynette Scaffidi, as we manually remove invasive plants from this amazing biologically diverse stream valley park! Meet at the parking lot of Cabin John Local Park, 7401 MacArthur Blvd., Cabin John, MD.

Please pre-register with Lynette Scaffidi at [lynette.scaffidi@mncppc-mc.org](mailto:lynette.scaffidi@mncppc-mc.org) or **301-949-0223**.

*RSVP News is published quarterly. With this issue, we have changed the quarterly distribution to December, March, June, and September. So the next issue will be our Spring issue out on March 1, 2008. The deadline for articles will be Friday, February 8, 2008. Kathleen Meaney Stobie phone: 240-777-2611 fax: 240-777-2601 email: [kathleen.stobie@montgomerycountymd.gov](mailto:kathleen.stobie@montgomerycountymd.gov)*



Montgomery County Volunteer Center  
 RSVP – Responding to a Call to Serve  
 401 Hungerford Drive, 1<sup>st</sup> Floor  
 Rockville, Maryland 20850

*Mark your calendars!* **MARTIN LUTHER KING, JR. DAY is Monday, January 21, 2008**

► **RSVP CALL-IN HOURS LINE 240-777-2616 ... it's 24/7!** ◀

**RSVP News is now on the Montgomery County website!**

**<http://www.montgomerycountymd.gov/mcgtmpl.asp?url=/Content/Volunteer/RSVP.asp>**

### **CHOCOLATE – A HEALTHY JUNK FOOD?**

**DEAR JIM:** *At 75, I finally decided to stop being stubborn and try to lose weight by exercising more and watching my diet. But I think I may be sabotaging my efforts because I have a bad habit of eating too much chocolate. I don't "pig out" and eat it all at one time, but I snack on it all day long. What can I say? It makes me feel better – until I look in the mirror and see that I haven't lost any weight yet!*

**DEAR READER:** Don't beat yourself up over this. At least you made the decision to finally do something your weight. As for the chocolate, there may be some things that you didn't know about chocolate that will help you to lose those extra pounds even by indulging once in a while.

According to University of California researchers, the tendency to overeat sweets like chocolate is a natural physiological response to chronic stress. Abby Aronowitz, Ph. D., has taken things one step further by *endorsing chocolate* – and other "healthy junk foods" – in her revolutionary book *Your Final Diet*.

*Aronowitz, a consultant to Weight Watchers International and a member of the American Psychological Association, believes that managing sugar, carbs, and fat instead of bingeing or depriving is a more effective way to lose weight. "A well-adjusted secure feeling will replace the highs and lows of failed diets. we need to address what to consume, as well as how to cope with emotional eating." We also must begin changing the cultural thin ideal, "which creates a sense of personal inferiority, fueling a billion dollar diet industry."*

*Aronowitz adds the component of natural eating, suggesting that people incorporate some natural foods into a personalized food plan by consuming fewer artificial ingredients. She criticizes diets that simply eliminate certain food groups. It works temporarily to lose pounds but people sabotage their own progress after a period of time since it is impossible to tolerate such intense denial. Experts agree that weight control has to be a way of life.*

So, if you are really serious about losing weight there may finally be an alternative to conventional, old-fashioned dieting. "Just imagine life without obsessions about fat and body image," says Aronowitz. "Let's finally become our personal best ... and stay there!" Good advice.

*Jim Evans is a 40-year veteran of the health & fitness industry and a nationally recognized consultant on senior fitness.*